



# STRESS AWARENESS

## Stress Busting Tools

"When I feel like that, I need a change of scenery. So whether I'm at home or my desk, I get away from that space to clear my head!"

"I get up and go for a walk."

"Sometimes I pick a quick mindfulness exercise like drinking a coffee and focusing on the sensation of how it feels as I'm drinking it."

"I stop and focus my eyes on an object for 20 seconds, or I go and make a cup of tea."

"I just take long deep breaths. Then everything slows down."

"Mini meditation. Take a few minutes out to close my eyes or focus on something and take deep breaths. I can do this in the toilet!"

"When all else fails, I put the kettle on."

"I use a tool I was taught a while ago called 7-11. Breathe in on a count of 7, and breathe out for 11."

"I close my eyes for a minute and imagine I'm somewhere warm and tropical."

"I get my phone out and look at photos. Or I put my headphones in and listen to songs that make me feel good."

